

Argosy University: San Francisco Bay
American School of Professional Psychology
Clinical Training Office
 999-A Canal Blvd. Point Richmond, CA 94804
 Ph: 510-215-0277 Fax: 510-215-0299
Practicum Information Form (rev 8.4.2005)

| | |
|---|--|
| I. AGENCY INFORMATION | The Center for Special Problems |
| Date Completed: | 1/9/07 |
| Address: | 1700 Jackson Street |
| City, State, Zip: | San Francisco, CA 94109 |
| Phone: | (415) 292-1500 |
| Fax #: | (415) 292-2030 |
| Agency Website address: | none |
| List multiple agency programs/contacts: | NA |
| Director of Training: | David Silven, PhD and Diane Kile, CNS |
| Director Degree and CA License #: | PhD (Clinical Psychology). CA License # PSY 9411 |
| Director Phone: | (415) 292-1548 |
| Director email: | david.silven@sfdph.org |
| Other contact people information: | none |

| II. PRACTICUM TRAINING PROGRAM BASICS | |
|--|---|
| A. <u>Year Level Openings</u> | <i>Estimated</i> |
| 2 nd Year (Grad School) Practicum Openings | |
| 3 rd Year (Grad School) Practicum Openings | 2-4 |
| -Total Practicum Openings | 2-4 |
| -Internship Level Openings | 2-4 |
| B. <u>Students at Agency</u> | |
| Number of Current Argosy Practicum Students | 0 |
| Total Number of Current Practicum Students | 2 |
| Number of Practicum Applicants last year | 50 |
| Number of Current Argosy Interns at Site | 0 |
| C. <u>Practicum Dates and Times</u> | |
| Beginning Date | 9/10/07 |
| Ending Date | 6/30/08 |
| Number of weeks for practicum | 39 |
| Hours per week for practicum | 20 |
| Required days and times at agency | Mondays 1:00-5:00 Thursdays 8:30-noon |
| D. <u>Stipend:</u> Is there Stipend? If yes, amount per year? | Trainees are eligible to apply for a competitive \$1800-\$3500 stipend offered by the City and County of SF, focused on commitment to serving minorities and other underserved populations. |

***Note:** Practicum requirements:
-16 hours a week
-minimum of 38 weeks
-maximum of 52 weeks
-minimum 500 hours
-Primary supervisor is licensed psychologist
-Training is 4 or more hours typically including: 1 or more hours of individual supervision, 2 hours case conference, 1 hour didactic training per week.

III. AGENCY DESCRIPTION: Please describe below.

Outpatient adult mental health clinic for the SF Department of Public Health. Specializing in work with survivors of trauma, persons with HIV, persons with gender identity concerns, and perpetrators of violence. We have 4 psychologists, 3 psychiatrists, 5 MFTs, 12 LCSWs, 1 psychiatric clinical nurse specialist, and 1 pharmacist.

A. Population: Indicate *estimated* % of clients in each category.

| <u>%</u> | <u>Gender</u> | <u>%</u> | <u>Life Cycle</u> |
|--|---------------------------------|----------|--|
| 65 | Male | 0 | Infants (1-4) |
| 30 | Female | 0 | Children (ages 5-12) |
| 5 | Transgender | 0 | Adolescents (ages 13-17) |
| 100% | <i>Total</i> | 98 | Adults (ages 18-64) |
| | | 2 | (ages 65+) |
| | | 100% | <i>Total</i> |
| | <u>Ethnic/Cultural Identity</u> | | <u>Other Identified Groups</u> |
| 25 | African American | 20-30 | Gay/Lesbian |
| 6 | Asian American | 5-8 | Disabled Population |
| 40 | Euro-American | | International |
| 12 | Hispanic/Latin American | | Other: |
| 1 | Native American | | (Note, above will not total 100%) |
| 16 | <i>Other</i> | | |
| 100% | <i>Total</i> | | |
| | <u>Populations Treated</u> | | <u>Functioning Level of Clients</u> |
| 75 | Individual | 35 | Severe Dysfunction (i.e., psychotic, severe personality or substance abuse dx) |
| 0 | Couples | 55 | Moderate (i.e., moderate personality dx, anxiety, depression) |
| 0 | Families | 10 | Mild Dysfunction (i.e., adjustment dx, transitions, growth) |
| 25 | Groups | 100% | <i>Total</i> |
| 100% | <i>Total</i> | | |
| Others notes about populations: | | | |

B. Specialty Areas: Mark an X next to all specialties that apply at agency.

| | | | | | |
|---|------------------------|---|---|---|-------------------------------------|
| X | Behavioral Medicine | | Hospital | X | Psychology of Women |
| | Health Psychology | X | Community Mental Health Clinic | X | Disabilities |
| | Psychopharmacology | X | Forensics | X | Gay/Lesbian |
| | Pediatrics | | Management/Administration | X | Multicultural Therapy |
| | Infant/Parent | | Program Evaluation | | Spirituality/Psychology Integration |
| | Family | | Vocational/Career Development | X | Death/Dying/Bereavement |
| | Geropsychology | | Psychological Assessment | X | Domestic Violence |
| | School Based | | Neuropsychological Assessment | X | PTSD/Trauma |
| | College Based | X | Psychology of Men | X | Serious Mental Illness |
| | Bilingual in treatment | X | Others (specify): Gender identity concerns, HIV/AIDS, Sex offenders | | |

IV. PRACTICUM TRAINEE RESPONSIBILITIES AND FUNCTIONS

A. Treatment Modalities performed by student: (Mark X in all that apply.)

| | | | |
|---|------------------------|---|-------------------------------|
| X | Individual Therapy | | Crisis Intervention |
| | Couples Therapy | X | Brief Therapy |
| | Family Therapy | X | Long Term Therapy |
| X | Group Therapy | | Psychological Assessment |
| | Community Intervention | | Neuropsychological Assessment |
| | Consultation/Liaison | X | Case Management |
| | Others (specify): | | |

► **Describe practicum trainee duties and responsibilities:** Maintain weekly individual therapy caseload of 4-5 clients, including an HIV-positive person, a trauma survivor, and a gender identity client. (The clients who are perpetrators of violence are seen almost exclusively in group – not individual – therapy.) Co-lead a weekly group with a staff person. Conduct phone screening and face-to-face intakes as a member of the Duty Office team once/week. Attend didactic seminar and group supervision sessions, as well as weekly individual supervision sessions and weekly staff and program meetings.

V. ASSESSMENT and PSYCHOLOGICAL TESTING

A. Assessment Overview

| | |
|--|---|
| Will trainee have opportunity for assessment/testing experiences? | Yes, if supervised by Argosy faculty. |
| Is there additional supervision/training for assessment/testing? | No |
| Percentage of practicum time allotted for providing assessment services: | None allotted, but trainee can choose to do some testing. |
| Estimate of average # of Test Batteries completed per year: | NA |

B. Assessment Modalities performed by student: (Mark X next to all that apply.)

| | | | |
|--|-------------|--|--------------------|
| | Projective | | Intelligence |
| | Personality | | Neuropsychological |
| | Academic | | Vocational |
| | Other: | | |

► **Describe the Assessment Program:** There is no formal program but it is practicum student-driven. But we are open to students doing testing and assessment under the supervision and guidance of Argosy in concert with the CPS supervisor. It will be up to the student to bring his/her own or school's testing materials.

VI. TRAINING/SUPERVISION PHILOSOPHY and OBJECTIVES: A. Describe below.

Our objective is to give trainees experience and training with each of our various client populations (trauma survivors, HIV/AIDS, gender, and offenders). We strive to provide a positive and supportive learning environment that encourages trainees to try new approaches and that welcomes an open-minded, curious approach to learning.

B. Supervisor Licenses: Please note the number of supervisors with the following licenses.

| | | | |
|---|--|--|------|
| 2 | *Licensed Psychologists (PsyD/PhD/EdD) | | MFT |
| | *Psychiatrists | | LCSW |
| | Other: | | |

***Note:** Primary Supervisor must be a licensed provider at the doctoral level of training. Primary Supervisor may be individual or group supervisor & must sign or co-sign evaluation forms for students.

| C. Supervision and Training | Hours per week |
|---|---------------------------------------|
| Individual Supervision | 1 |
| Group Case Consultation | Average of 1 (2 hrs every other week) |
| Didactic Training | 1.5 – 2.5 |
| Other: Consultation with group co-facilitator | 0.5 |
| Total hours Training/Supervision | 4.0 – 5.0 |

D. Methods of Supervision: (Mark X next to all that apply.)

| | | | |
|--|-------------------|---|-----------------------------|
| | Live Observation | | Process Notes |
| | Two Way Mirror | X | Case Reviews and Discussion |
| | Videotapes Review | X | Audiotape Review |
| | Other: | | |

E. Theoretical Orientations of the Supervising Staff (check all that apply)

| | | | |
|---|--|---|-----------------------------|
| | Biopsychosocial | | Jungian |
| X | Cognitive Behavioral | | Narrative |
| | Family Systems | | Psychosocial Rehabilitation |
| | Feminist | X | Psychodynamic/analytic |
| X | Humanistic/Existential | | Transpersonal |
| X | Integrative | | Recovery Based Model |
| X | Others (specify): Time-Limited Dynamic Psychotherapy (TLDP); Motivational Interviewing | | |

► **Comments on theoretical orientation:** Each individual supervisor has his/her own theoretical perspective. In group supervision, we mainly use Time-Limited Dynamic Psychotherapy (TLDP; H. Strupp & J. Binder, 1984; H. Levenson, 1995) and we also incorporate Motivational Interviewing.

F. Training Emphasis Areas: Please fill out the following classifications below to assist

us in differentiating practicum placements. Indicate with “X” areas where *substantial* training program exists such that it would qualify for graduate program practicum in these areas.

| | | | |
|---|----------------------------|---|----------------------|
| X | Community/Multicultural | | Cognitive Behavioral |
| | Health Psychology | | Assessment |
| X | Forensic Psychology | | Geriatric |
| | Family/Child | X | Gender |
| X | Psychodynamic | | Not Applicable |
| X | Others (specify): HIV/AIDS | | |
| ▶ Please add specific information regarding all Emphasis Area(s) you checked: | | | |

| G. Multicultural Training | yes | no |
|--|-----|----|
| Agency provides formal multi-cultural didactic training for students. | X | |
| Agency integrates multi-cultural training into supervision. | X | |
| Agency makes multicultural issues an important part of case conferences. | X | |
| ▶ Please describe or add information about your multicultural training? | | |

VII. PRACTICUM APPLICATION PROCESS FOR STUDENTS

| | |
|--|--|
| Application Deadline: | March 5 |
| Selection Date Estimate: | By April 6 (some offers may be made sooner than that) |
| Standard required materials | Vita, Letter of Intent, 3 Letters of Recommendation |
| Agency specific materials: | A résumé can be submitted instead of a CV. We require only two letters of recommendation; at least one of the letters should be from the applicant’s current or most recent graduate-level supervised practicum. We also require a completed one-page application form, which can be requested by email at david.silven@sfdph.org (see “Other application/interview information” below, for the two questions on the application form.) |
| Preferred Experience: | Trainees must have completed at least one previous supervised, graduate-level practicum. |
| Preferred Coursework: | N/A |
| Interview Process: (keep those that apply, erase rest) | Individual Interview, Brief (5 minutes) Case Presentation |
| Other application/interview information: | <p>***Please answer these two questions in separate document and mail to CSP with vita.</p> <ol style="list-style-type: none"> 1. What interests you about coming to the Center for Special Problems (CSP) for training? 2. CSP is committed to providing culturally competent services to our diverse client populations. Please describe any experience you have had with diverse cultures. <p>Please be sure that each sheet is clearly identified with your name and the date.</p> |

| | |
|--|-------------------|
| VIII. Verifying Information: I verify that the above information is current and accurate. | |
| Date: | January 9, 2007 |
| Directors Name: | David Silven, PhD |
| *Directors Signature: | DS |

Additional Information

City and County of San Francisco



Gavin Newsom
Mayor

Department of Public Health

Community Behavioral Health Services
CENTER FOR SPECIAL PROBLEMS
1700 Jackson Street
San Francisco, CA 94109-2918
Phone: 415.292.1500
FAX: 415.292.2030
TDD: 415.292.1511

Frequently Asked Questions *Center for Special Problems – Professional Training Program*

HIGHLIGHTS

- Trainees provide individual therapy – lasting up to one year with each client – and they each co-lead a group with a staff person. Each trainee sees clients from each of CSP's program areas – Trauma Resolution, HIV, Gender, and Offender Services.
- All clients are adults: a) Trauma survivors, b) Persons with HIV, c) Persons with gender issues, and d) Perpetrators of domestic violence, non-domestic violence, or a sex offense.
- Individual therapy is provided to the trauma survivors, persons with HIV, and persons with gender issues. The perpetrators of domestic violence or a sex offense are almost exclusively seen in groups rather than individual therapy.
- Trainees receive weekly individual supervision, and they attend a weekly didactic seminar and biweekly group supervision. They are also given opportunities to observe staff doing therapy.
- The clinic has 25 licensed mental health clinicians on staff: Twelve LCSWs, six MFTs, three psychologists, three psychiatrists, and a psychiatric clinical nurse specialist. This gives trainees ongoing opportunities to consult with staff regarding clinical issues.
- Trainees can choose to co-lead a Dialectical Behavior Therapy (DBT) group with a staff person.

What is the Center for Special Problems?

The Center for Special Problems (CSP) is an outpatient clinic of the San Francisco Department of Public Health, Community Behavioral Health Services. Since 1957, this agency has provided specialized counseling, medication, and case management services to San Francisco residents. CSP is focused on working with adults who are coping with mental health issues related to trauma, gender non-conformity, HIV disease/AIDS, and violent impulses. The agency serves an ethnically and culturally diverse population with a multidisciplinary, multilingual, and culturally sensitive staff.

CSP's services are provided through the following programs:

Trauma Resolution Program

This program provides trauma-focused treatment to individuals who have experienced or witnessed an extremely traumatic event that included actual or threatened death, serious injury, or a threat to the physical integrity of self or someone else. The program is designed to help individuals who are suffering from psychiatric symptoms caused by their traumatic experiences to better manage their symptoms and to improve their ability

to function in daily life. The program provides individual and group counseling, psychiatric medication services, and case management. It is our aim to ensure that each client receives the services that are most appropriate and beneficial to their specific needs.

Gender Program

Mental health care provided addresses concerns related to gender non-conformity. Individuals may be confused or struggling with their gender identity, may need information and support to transition, or may be dealing with discrimination or social rejection related to gender non-conformity. Individual psychotherapy, psychiatric medication services, and case management are offered.

HIV Mental Health Case Management Program

Many individuals who are HIV-positive are also dealing with HIV-related psychiatric issues. The Center for Special Problems offers mental health case management services including assessment, individual and group psychotherapy, and psychiatric medication support. CSP also offers an HIV Consultation Service to other health care providers. This program is partially funded through CARE Grants.

Offender Services Programs

Services are provided for a variety of clients who are perpetrators of interpersonally violent, destructive, or sexually abusive behaviors that might have led to involvement with the criminal justice system. CSP has the following programs for such clients:

- Domestic Violence: A certified program designed for men and women on diversion, probation, or parole for domestic violence. The program offers a minimum 52-week intensive group therapy focusing on assisting clients to take responsibility for non-violent behavior at all times. Groups for men and women are offered separately. Case management, individual counseling, and psychiatric medication services are available when appropriate.
- Non-Domestic Interpersonal Violence: This program is designed for clients who threaten, stalk, or assault others in a non-domestic context. The program provides counseling services as well as psychiatric medication services and case management when appropriate.
- Sex Offender: This treatment program offers intensive, focused group therapy designed to assist sex offenders in reducing the risk of reoffending. The goal is to help increase the safety of all members of our community. Case management and psychiatric medication services are available when appropriate.

What clinical services do the trainees provide?

Trainees provide individual therapy, intakes, and case management, and they each co-lead a group with one of our staff. Each trainee is expected to work with clients from all of CSP's programs: Trauma Resolution, Gender, HIV, and Offender Services. Almost all of the Offender Services clients are seen in group rather than individual therapy.

What training and supervision do the trainees receive at CSP?

- a) Individual supervision: Each trainee receives weekly individual supervision.
- b) Didactic seminar and group supervision: All the trainees attend a weekly trainee meeting on Thursdays from 8:30 to noon. Each week, this meeting includes a 75-minute didactic seminar that focuses primarily on clinical issues involved in working with the client populations we serve. In addition, every other week, the meeting on Thursday morning includes two hours of group supervision, in which the trainees discuss clinical issues they are facing in their work with clients at CSP. In group supervision, trainees are asked to play a small portion of an audiotape of a recent therapy session. Every other week, alternating with group supervision, the trainees view and discuss a videotape of a staff person conducting psychotherapy with a CSP client.
- c) Participation at all-staff meeting and on staff teams: On Monday afternoons each week, the trainees attend the all-staff meeting and the program meetings for each of the various CSP programs – Trauma Resolution, Gender, HIV, and Offender Services.

Also, each trainee is a member of a multidisciplinary “Duty Office” Team, typically including a psychiatrist, an MFT, LCSW, and/or a psychologist, and a peer support staff person, in addition to one or more trainees. This Team meets weekly to provide consultation to one another regarding intakes of prospective clients.

What theoretical orientations are used at CSP?

The theoretical orientation at the clinic is diverse – cognitive-behavioral, psychodynamic, existential-humanistic, narrative.

In the group supervision sessions, which occur every other week as noted above, we also incorporate Motivational Interviewing and Harm Reduction into the discussions.

When does the training year start and end?

The 2007-08 training year starts on September 10, 2007 and ends on June 30, 2008.

How many trainees does CSP have each year?

We have up to seven trainees each year – typically a mix of MFT trainees and interns, social work interns, doctoral psychology practicum trainees, and post-doctoral psychology interns.

What hours do trainees work at CSP?

Trainees are expected to work 20 hours per week. Required weekly hours are:

- Mondays, 1:00 to 5:00, for clinic staff meetings
- Thursdays, 8:30 AM to noon, for the trainee seminar and group supervision
- One three-hour shift each week as a member of a “Duty Office” team, which involves doing intakes and phone screening of prospective clients – either Mondays, Wednesdays, or Fridays from 9:00 AM to noon, or Tuesdays or Thursdays from 2:00 to 5:00 PM (each trainee chooses one of these shifts).

On Monday, September 10th – the first day of the 2007-08 training program – trainees are expected to attend an initial orientation from 11:00 AM to 5:00 PM.

Beyond the above-noted required days and times, trainees can choose the remainder of their weekly work schedule within clinic operating hours, which are Mondays and Wednesdays from 8:00 AM to 8:30 PM, Tuesdays and Fridays from 8:00 AM to 5:00 PM, and Thursdays from 8:00 AM to 7:30 PM.

Do trainees get any vacation time?

Trainees get three weeks of vacation: Two designated weeks during the Christmas holidays, and one designated week for Spring Break.

Is there a stipend?

Unfortunately we do not offer all trainees a stipend. However, trainees can apply for a multicultural student stipend of \$1800 - \$3500 per year, offered by the City and County of San Francisco. The application process for this stipend is a competitive one, and, in the past, at least one CSP trainee has usually been awarded the stipend each year.

What are the prerequisites in order to apply for the training program?

Applicants must be enrolled in – or they must have completed – a master’s or doctorate level program in social work, counseling, or psychology.

By the time they start at CSP, trainees must have completed a previous supervised, graduate-level internship or practicum in a mental health setting.

We do not expect applicants to have had prior clinical experience working with the particular populations served by our clinic.

What is the application process?

Application materials should be received by us no later than March 5, 2007.

By mail: You can mail application materials to David Silven, PhD, Training Director, Center for Special Problems, 1700 Jackson Street, San Francisco, CA 94109

By fax: You can fax application materials to David Silven, PhD at (415) 292-2030

By email: You can email application materials to david.silven@sfdph.org

Social Work and MFT-track applicants:

To apply, send us the following:

- a cover letter stating why you are interested in training at the Center for Special Problems
- your résumé or curriculum vitae
- two letters of recommendation, including at least one from your supervisor at your current or most recent internship or practicum.

Doctoral Psychology Practicum applicants:

To apply, send us the following:

- a completed Application for Doctoral Psychology Practicum Training (please contact David Silven at david.silven@sfdph.org, to request this form)
- your résumé or curriculum vitae
- two letters of recommendation, including at least one from your supervisor at your current or most recent practicum.

What happens during the interview?

The interview lasts 45-50 minutes, and there is only one interview required. Two or three of our staff will be present during the interview.

As part of the interview, we ask the candidate to give a brief thumbnail sketch – for no more than five minutes – of his or her work with one adult or child client during the past year. If the candidate hasn't worked with any clients during the past year, it's okay to choose a client the candidate saw more than a year ago. For this thumbnail sketch, the candidate doesn't need to give us anything in writing. The interviewers will want to hear the candidate talk primarily about what he or she did or tried to do in the work with the client.

Where is CSP located?

Our address is 1700 Jackson Street. We're located at Jackson and Van Ness in San Francisco, near the northwest corner of that intersection. You'll see the First Republic Bank on the corner, and our entrance is just up Jackson Street from the bank.

If you're taking public transportation, the Van Ness buses stop at Jackson Street. If you're driving, we suggest you allow some extra time to find street parking, and you should be able to find two-hour street parking within about two or three blocks from us.